

EUROPEAN VOVINAM VIET VO DAO FEDERATION
PRESENTS

MASTER
VITTORIO CERA

MASTER
FLORIN MACOVEI

MASTER
LE HUU NGHIA



6TH EVVF SEMINAR 2019

FIGHTING AND TECHNICAL SEMINAR

31 MAY - 1/2 JUNE - MONTICHIARI - ITALY



Città di
MONTICHIARI



SUPPORT &
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www.vovinam-evvf.eu



EUROPEAN VOVINAM VIET VO DAO FEDERATION
VOVINAM ITALIA & ZONA DINAMICA
ORGANIZE:

6TH EVVF VOVINAM SEMINAR
MONTICHIARI - BS
ITALY



info:
segreteria nazionale@vovinamvietvodaov.it



Info:
info.zonadinamica@gmail.com

THANKS TO:



Città di
Montichiari



FLORIN MACOVEI

PRESIDENT OF EVVF FEDERATION

After a very good European championship in 2018, the Italian Vovinam Association keeps its momentum, inviting us again in the beautiful Italian province of Lombardy for the 6th Annual EVVF Seminar. This time, the place is Montichiari, the hometown of master Luca Marzocchi, president of ASD Vovinam Viet Vo Dao Italia. Referees training and belts examination, technical seminar and traditional ceremonies, an excellent opportunity for a friendly Vovinam exchange, these annual seminars have become more and more attractive to practitioners of all levels.

Florin Macovei



LUCA MARZOCCHI

PRESIDENT OF VOVINAM ITALIA

Dear Athletes, Masters and Instructors, it is a pleasure for Vovinam Italia to have all still gathered in Italy for a new appointment where VOVINAM is the protagonist. After the beautiful experience of the European championship where the spirit of friendship and respect that distinguishes us was expressed in the best way, we are sure that even during the 6th EVVF Seminar these values will be respected and once again strengthen the bond between all of us. Thanks to the ZONA DINAMICA association, sports club of which I am founder and member, to the City of Montichiari hosting us and where the VOVINAM courses of the ZONA DINAMICA association are held, in collaboration with VOVINAM ITALIA, we will offer the best service and we will make this seminar a good experience for everyone.

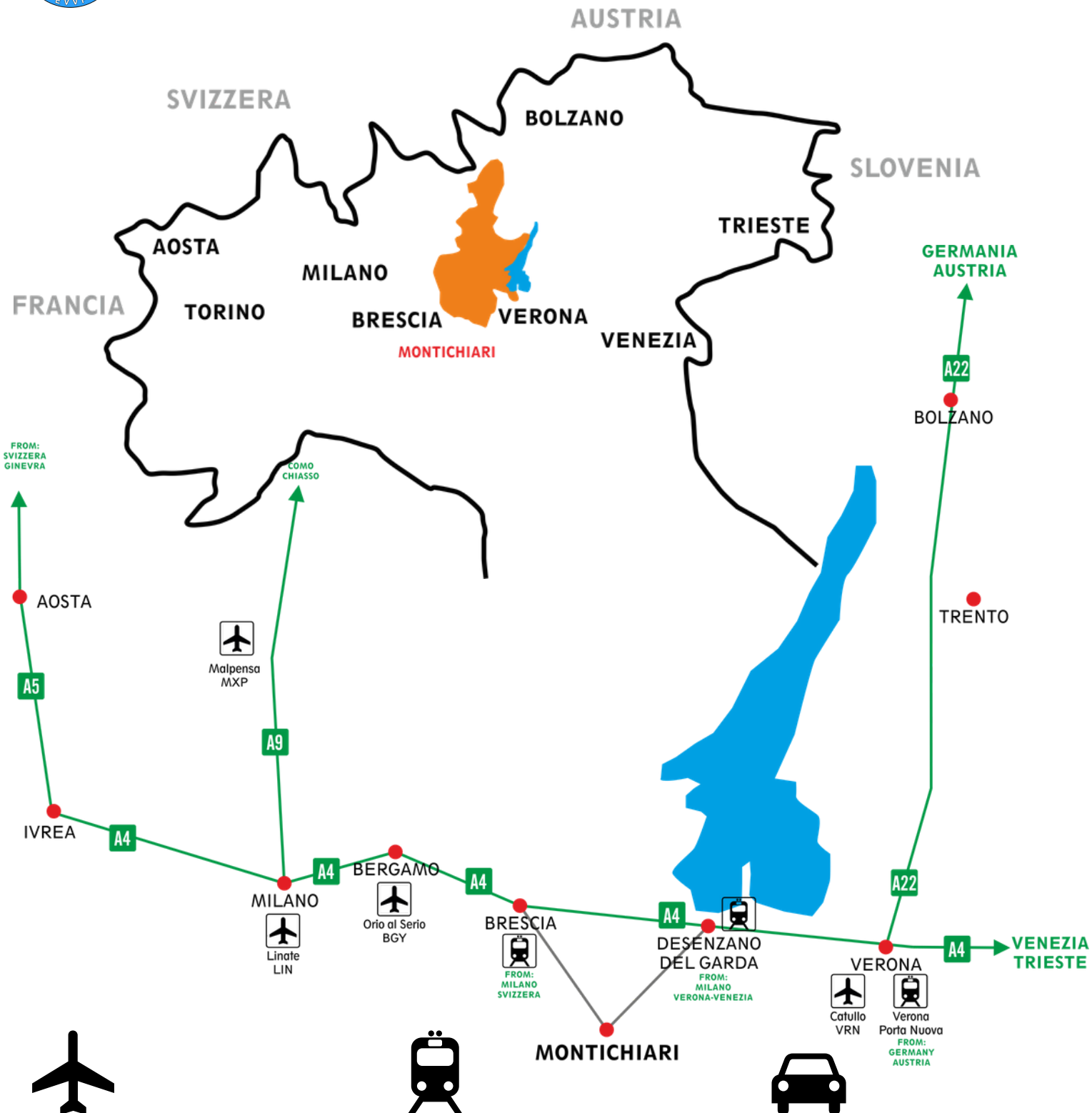
Luca Marzocchi





WHERE WE ARE

EVVF Annual Seminar - 2019 - Montichiari - Italy



AIRPORT

VERONA - Catullo

BERGAMO - Orio al Serio
MILANO - Linate
MILANO - Malpensa
FROM LINATE-MALPENSA-
ORIO AL SERIO TO BRESCIA
CENTRAL STATION



TRAIN STATION

VERONA - Porta Nuova

DESENZANO D/G - Desenzano
BRESCIA - Centrale
FROM THE STATION THERE IS A
LOCAL BUS SERVICE TO
MONTICHIARI



HIGHWAY

BRENNERO - A22
VENEZIA-TORINO - A4
EXIT FROM MILAN: Brescia Est
EXIT FROM VERONA/VENEZIA:
Desenzano del Garda
AFTER EXIT FOLLOW
INDICATIONS TO MONTICHIARI



CLICK ON THE LOGOS ABOVE FOR MORE INFORMATION



MONTICHIARI: THE GARDA GATE

A pretty town of about 25,000 inhabitants, is the gateway to Lake Garda thanks to its strategic position and the "Gabriele D'Annunzio" airport.

It is situated between six gentle hills, from the highest of which, the hill of San Pancrazio, you can enjoy a magnificent panorama that spans from the Garda to the Apennines.

Traveled by the river Chiese, enjoys a strategic geographical position: 12 km from Lake Garda, 20 km from Brescia, 45 km from Mantua and Verona, 60 km from Bergamo, 100 km from Milan and 140 km from Venice.

In the municipality you can admire buildings of considerable importance, among them the Castle that was built, at the end of the nineteenth century, on the ancient remains of the medieval fortress by Count Gaetano Bonoris. In the shadow of the Bonoris castle is the small but precious Teatro Sociale, inaugurated on 18 October 1890 by Giuseppe Verdi's "Trovatore". However, the monument of greatest artistic value of the whole Municipality is the Parish Church of San Pancrazio, located on the homonymous hill, which is located south of the current historical center.

The building, with three naves and built in stone, dates back to the 12th century.

Also of great value is the Cathedral with its impressive dome, dedicated to Santa Maria Assunta, built in several phases and finished in the eighteenth century. During the twentieth century, the building, with a solemn concelebration, became a minor basilica. Inside it is kept a shovel of great value, representing the Last Supper by Girolamo di Romano known as Romanino. To remember, among the thirty churches in the area, the church of San Pietro, in the historic center a few steps from the Duomo, the church of Suffragio, the church of Santa Margherita and Santa Cristina in the countryside.

It should also be mentioned a museum system of the highest level composed of the Pinacoteca Pasinetti, the Lechi Museum, the Bergomi museum, the Risorgimento museum and the Archaeological museum.

Montichiari offers its inhabitants and tourists from all over the world: culture, art, a deep sense of hospitality, monuments and buildings of infinite beauty. Perfect synthesis for a beautiful, welcoming and well-located town.





Via Mantova, 60 - MONTICHIARI (BS)

The Hotel Faro is a family owned and operated business since the 1950's. The Hotel Faro is located in the heart of Montichiari, which is near some of the most interesting places for both tourism and business, restaurants, Pub and service.



During your stay only by reservation will be available a dinner service at a reserved price

Distance from Sport Center 4,4 Km

INFO & RESERVATION
reception@hotelfaro.com



V. Trieste, 41 - MONTICHIARI (BS)

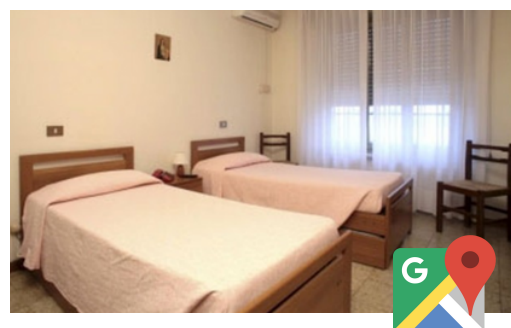
Hotel Elefante is a 3-star business hotel able to satisfy all types of clients. Located in the center of Montichiari, near restaurants, Pub and service, the Hotel Elefante is easily reachable from the toll booths of the A4 motorway of Desenzano and Brescia Est.



During your stay only by reservation will be available a dinner service at a reserved price

Distance from Sport Center 4,2 Km

INFO & RESERVATION
info@hotelelefante.eu



V. Trieste, 94 - MONTICHIARI (BS)

The Aurora Hotel is a comfortable hotel run personally by our family since 1956. Our guests appreciate particularly its friendly atmosphere. Located in the center of Montichiari, near restaurants, Pub and service.

Distance from Sport Center 4,8 Km

INFO & RESERVATION
aurorahotel@virgilio.it

INFO & RESERVATION

Reservations, payments, transfer, dinner or other things must be agreed with the Hotel. To get the discount, please indicate in the reservation the code:

EVVF SEMINAR 2019

Please send a copy of the reservation to the mail:

info.zonadinamica@gmail.com

Near all the Hotel there are many Restaurants, Pub, Market. Before the seminar a document will be sent with the affiliated operators that will offer reserved discounts or others.

BUS SERVICE

A few meters from all the indicated hotels there are several bus stops of the MONTICHIARI > BRESCIA line that stop at VIGHIZZOLO (about 5 minutes journey). The Sport Center is about 1 km from the VIGHIZZOLO stop on foot. The bus lines that stop there are

- S33
- 2
- 57B

INFO & TIMES





THE GYM

The Sport Center is located 1,5 / 2 km out of center of Montichiari. It's easy to reach by car, on foot or city bike following indication to **VIGHIZZOLO**.

PUBLIC SCHOOL GYM

Via S. Giovanni, 253,
25018 Vighizzolo BS

REFEREE MEETING

Will be in the **DON SERAFINO RONCHI CENTER** for the theoretical part and in the Sport center for the practical part.

DRESS CODE

Black or Dark pants
Light Blue Shirt
Reflex Blue Tie
White Shoes

GRADING EXAMINATION

FRIDAY 31 . 9:30 A.M.

Will be in The Sport Center

Information will be sent to the country members from the EVVF Secretariat by email.



FREE
ALL DAY



FORBIDDEN
UNTIL 14:00

PARKING

Parking is 200 meters from the sport center. There is a small parking in front of the sport center but is forbidden to park there until 2 p.m

PARKING ADDRESS

Via Santa Lucia - Vighizzolo



SEMINAR PROGRAM

EVVF Annual Seminar - 2019 - Montichiari - Italy

EVVF Annual Seminar	30/05-02/06/2019		MONTICHIARI Brescia - Italy
EVVF Congress	30/05/2019	15:00-19:00	
Grading Examination	31/05/2019	09:30-11:30	
Referee Seminar (*)		14:00-15:30	
Lễ Giỗ Tổ (Commemoration)		15:30-17:00	
Technical Seminar – Xà Quyền (*)		17:30-20:00	
Referee Seminar (*)	01/06/2019	09:00-10:30	
Technical Seminar – 12 Techniques of Côn		10:30-12:30	
Technical Seminar - Việt Võ Đạo Quyền (*) Song Dao Pháp (**)		15:30-18:00	
Technical Seminar - Phản Đòn 1 to 7 (*) Vật (**)		18:00-20:00	
Fighting Seminar	02/06/2019	10:00 - 12:00	

Note:

- + Participants: from Lam Đại Nhất Cấp
- + Dress code for Lễ Giỗ Tổ: Võ Phục
- + (*): Class for teachers, masters to review
- + (**): Class for blue/yellow belts
- + Technical subjects can be modified by the Technical Commission

EVVF CONGRESS

The EVVF Congress will be in the hall near the municipality of Montichiari in the city center.

Address:

CASA DELLE ASSOCIAZIONI
Via Trieste, 15





SEMINAR

Seminar will be open from Lam Dai Nhat Cap (1 cap Blue Belt)

EVVF MEMBERS	€ 35,00
NON EVVF MEMBERS	€ 45,00

MEAL LUNCH

During the seminar it will be possible to have lunch near the sport center in:
DON SERAFINO RONCHI CENTER

Service meal included:
PASTA
MAIN COURS
SIDE DISH
1/2 BOTTLE OF WATER
1 BREAD

€ 15,00 PER PERSON

DINNER

in some of the affiliated hotels, it will be possible to have dinner by reservation at a special price. Other Restaurants, Pubs, Market or others where you can have discounts or promotions will be sent later

FAREWELL PARTY

SATURDAY 1 JUNE 21:00

Farewell party will be held in a place near Montichiari which will be communicated at most according to the number of participants. The cost for the party that includes food and drinks (Beer, Wine, Drinks) will be:

€ 8,00 PER PERSON

LUNCH MENU

NO VEG

friday 31

- CATALAN RICE SALAD
- LOIN FUME'
- BAKED POTATOES

saturday 1

- POTATO AND BACON TIMBAL
- ROAST-BEEF RUCOLA AND ARTICHOKES
- SALAD AND TOMATOS

sunday 2

- SPELLED WITH MARINATED BEEF
- FISH WITH HERBS
- RATATOILLE VEGETABLE

VEG

friday 31

- ROMANA DUMPLING
- MEATLOAF CHEESE
- GRATED FENNEL

saturday 1

- COLD VEGETARIAN PASTA
- THREECOLOR FLAN
- CHARD IN AROMATIC LEMON

sunday 2

- VEGETARIAN PAELLA
- QUICHE WITH GRILLED VEGETABLE AND SCAMORZA
- TOMATOS & ORIGANO

IT WILL BE POSSIBLE TO BUY OTHER TYPES OF DRINKS DURING LUNCH SUCH AS BEER, WINE OR SOFT DRINKS



HOTEL

DEADLINE 30 March

For all the indicated hotels. To get the discounted price, the reservation must be made by March 30th 2019. After this date, the reserved price with **EVVF SEMINAR 2019** code can not be guaranteed.

MEAL

DEADLINE 1 May

The menu with the choices of the dishes and the order form will be send also by e-mail. Reservation and payment of meals must be made to:

VOVINAM V.V.D. Italia

Banca Fideuram sede di Milano.

IBAN: IT68 H032 9601 601 0000 6440 3878

BIC: FIBKITMM

segreteria nazionale@vovinamvietvodao.it

**DOWNLOAD
MEAL
ORDER
FORM**



EVVF SEMINAR

DEADLINE 1 May

SEMINAR REGISTRATION

Registration for the seminar should be sent to:

office@vovinam-evvf.eu

GRADING EXAMINATIONS

Information will be sent to the country members from the EVVF Secretariat by email.

office@vovinam-evvf.eu

PAYMANT

Paymant for the seminar and grading examination should be made to the EVVF.

Credit Mutuel du Sud Ouest

IBAN: FR76 1558 9165 0807 4325 032

BIC: CMBRFR2BARK

CONTACT

For information about Montichiari and for special requests, contact the ZONA DINAMICA secretariat by email:

info.zonadinamica@gmail.com